

SUNSHINE COAST SCHOOL SPORT

10-19 REGIONAL SWIMMING TRIAL

REGIONAL QUALIFYING TIMES 13-19 YEARS

- Students who wish to nominate to attend the regional trial must complete the online nomination process.

Events CONDUCTED at the regional trial (50m & 100m events)

- Nominated times can be either of the following
 - verified on the "Swimming Australia – Results Central" database, or
 - verified by a club coach or PE teacher.
- The verification of times needs to be completed in the online nomination.

Events NOT CONDUCTED at the regional trial (200m, 400m, 800m, 1500m events)

- All nominated times must be verified on the "Swimming Australia – Results Central" database.
- ONLY LONG COURSE TIMES WILL BE ACCEPTED.
- Club coach or PE teacher verified times WILL NOT BE accepted.

- All submitted times must have been swum between **01 July 2025 and 16 February 2026**.

BOYS REGIONAL QUALIFYING TIMES				GIRLS REGIONAL QUALIFYING TIMES			
13-19 BOYS				13-19 GIRLS			
★	800m Free	8.55.00	(SQ)	★	800m Free	9.30.00	(SQ)
★	1500m Free	17.45.00	(SQ)	★	1500m Free	18.55.00	(SQ)
17-19 BOYS				17-19 GIRLS			
	50m Free	28.50			50m Free	31.00	
	50m Breast	37.00			50m Breast	40.00	
	50m Back	33.50			50m Back	36.50	
	50m B/Fly	31.00			50m B/Fly	34.00	
	100m Free	1.01.00			100m Free	1:07.00	
	100m Breast	1.21.00			100m Breast	1.25.00	
	100m Back	1.09.00			100m Back	1.18.00	
	100m B/Fly	1.07.00			100m B/Fly	1.15.00	
★	200m Free	2.06.00	(SQ)	★	200m Free	2.15.00	(SQ)
★	200m Breast	2.50.00	(SQ)	★	200m Breast	2.58.00	(SQ)
★	200m Back	2.26.00	(SQ)	★	200m Back	2.35.40	(SQ)
★	200m B/Fly	2.25.00	(SQ)	★	200m B/Fly	2.37.40	(SQ)
★	200m Ind. Medley	2.25.00	(SQ)	★	200m Ind. Medley	2.35.00	(SQ)
★	400m Free	4.25.00	(SQ)	★	400m Free	4.41.00	(SQ)
★	400m Ind Medley	5:20.00	(SQ)	★	400m Ind Medley	5.32.90	(SQ)
16 BOYS				16 GIRLS			
	50m Free	28.50			50m Free	31.00	
	50m Breast	37.00			50m Breast	40.50	
	50m Back	34.00			50m Back	36.50	
	50m B/Fly	31.50			50m B/Fly	34.50	
	100m Free	1.02.00			100m Free	1:07.00	
	100m Breast	1.23.00			100m Breast	1.28.00	
	100m Back	1.13.00			100m Back	1.18.00	
	100m B/Fly	1.11.00			100m B/Fly	1.17.00	
★	200m Free	2.06.40	(SQ)	★	200m Free	2.16.20	(SQ)
★	200m Breast	2.53.00	(SQ)	★	200m Breast	2.58.00	(SQ)
★	200m Back	2.29.60	(SQ)	★	200m Back	2.35.40	(SQ)
★	200m B/Fly	2.30.00	(SQ)	★	200m B/Fly	2.42.00	(SQ)
★	200m Ind. Medley	2.26.40	(SQ)	★	200m Ind. Medley	2.35.00	(SQ)
★	400m Free	4.30.00	(SQ)	★	400m Free	4.43.00	(SQ)
★	400m Ind Medley	5.22.00	(SQ)	★	400m Ind Medley	5:40.00	(SQ)

★ These events WILL NOT be conducted at the regional trials in 2026.

BOYS REGIONAL QUALIFYING TIMES				GIRLS REGIONAL QUALIFYING TIMES			
15 BOYS				15 GIRLS			
	50m Free	28.50			50m Free	31.00	
	50m Breast	37.50			50m Breast	40.50	
	50m Back	34.50			50m Back	36.50	
	50m B/Fly	32.00			50m B/Fly	34.50	
	100m Free	1.03.00			100m Free	1:07.00	
	100m Breast	1.25.00			100m Breast	1.29.00	
	100m Back	1.14.00			100m Back	1.18.00	
	100m B/Fly	1.13.00			100m B/Fly	1.18.00	
★	200m Free	2.07.70	(SQ)	★	200m Free	2.17.00	(SQ)
★	200m Breast	2.54.00	(SQ)	★	200m Breast	3.02.00	(SQ)
★	200m Back	2.31.50	(SQ)	★	200m Back	2.36.00	(SQ)
★	200m B/Fly	2.36.00	(SQ)	★	200m B/Fly	2.44.00	(SQ)
★	200m Ind. Medley	2.29.30	(SQ)	★	200m Ind. Medley	2.36.00	(SQ)
★	400m Free	4.35.00	(SQ)	★	400m Free	4.45.00	(SQ)
★	400m Ind Medley	5.22.60	(SQ)	★	400m Ind Medley	5.40.00	(SQ)
14 BOYS				14 GIRLS			
	50m Free	29.50			50m Free	31.50	
	50m Breast	38.50			50m Breast	40.50	
	50m Back	35.50			50m Back	37.00	
	50m B/Fly	33.50			50m B/Fly	34.50	
	100m Free	1.05.00			100m Free	1.09.00	
	100m Breast	1.27.00			100m Breast	1.30.00	
	100m Back	1.16.00			100m Back	1.20.00	
	100m B/Fly	1.15.00			100m B/Fly	1.20.00	
★	200m Free	2.12.60	(SQ)	★	200m Free	2.18.00	(SQ)
★	200m Breast	3.00.00	(SQ)	★	200m Breast	3.04.40	(SQ)
★	200m Back	2.34.60	(SQ)	★	200m Back	2.37.70	(SQ)
★	200m B/Fly	2.42.00	(SQ)	★	200m B/Fly	2.46.00	(SQ)
★	200m Ind. Medley	2.33.80	(SQ)	★	200m Ind. Medley	2.39.00	(SQ)
★	400m Free	4.43.00	(SQ)	★	400m Free	4.50.00	(SQ)
★	400m Ind Medley	5.42.20	(SQ)	★	400m Ind Medley	5.47.20	(SQ)
13 BOYS				13 GIRLS			
	50m Free	31.00			50m Free	32.50	
	50m Breast	41.00			50m Breast	41.50	
	50m Back	37.00			50m Back	37.50	
	50m B/Fly	34.00			50m B/Fly	35.00	
	100m Free	1.07.00			100m Free	1.11.00	
	100m Breast	1.29.00			100m Breast	1.32.00	
	100m Back	1.18.00			100m Back	1.23.00	
	100m B/Fly	1.17.00			100m B/Fly	1.22.00	
★	200m Free	2.20.00	(SQ)	★	200m Free	2.21.00	(SQ)
★	200m Breast	3.05.00	(SQ)	★	200m Breast	3.05.90	(SQ)
★	200m Back	2.45.00	(SQ)	★	200m Back	2.42.70	(SQ)
★	200m B/Fly	2.45.00	(SQ)	★	200m B/Fly	2.50.00	(SQ)
★	200m Ind. Medley	2.40.00	(SQ)	★	200m Ind. Medley	2.41.30	(SQ)
★	400m Free	4.50.00	(SQ)	★	400m Free	5.00.00	(SQ)
★	400m Ind Medley	5:50.00	(SQ)	★	400m Ind Medley	6:00.00	(SQ)

★ These events WILL NOT be conducted at the regional trials in 2026.